



# Sisters Hill Farm

127 Sisters Hill Road, PO Box 22, Stanfordville, NY

August 11, 2012  
August 14, 2012

The Farm's phone 845-868-7048  
<http://sistershillfarm.org>

Edited by: Bob & Joan Cohen  
cohenrd98@comcast.net  
845-724-3518

- 1 cup dried large white beans, such as Emergo or cannellini, well rinsed (soaked and drained, if you like)
- Several sprigs fresh thyme
- 1 large clove garlic, smashed and peeled
- 1 small yellow onion, cut in half
- 1 small carrot, cut into several pieces
- Kosher salt
- 1 large shallot, finely chopped
- 2 salt-packed anchovies, filleted (or 4 oil-packed anchovy fillets), rinsed, patted dry, and finely chopped
- 3 Tbs. red-wine vinegar
- Freshly ground black pepper
- 1/2 cup extra-virgin olive oil
- 1 lb. cherry tomatoes, cut into quarters
- 1 lb. haricots verts or regular green beans, trimmed and cut into pieces if large
- 1/2 cup chopped fresh basil

## Directions

1. In a deep, heavy-based pot, cover the beans with 6 to 8 cups cold water. Add the thyme, garlic, onion, carrot, and 1 tsp. salt. Bring to a boil over high heat. Reduce the heat to a gentle simmer, skimming any foam that rises to the surface. Cover and cook until the beans are tender, about 90 minutes; let cool in the broth.
2. In a large bowl, combine the shallot, anchovies, vinegar, 1/2 tsp. salt, and 1/4 tsp. pepper. Whisk in the olive oil until well combined. Drain the white beans and add them and the tomatoes to the bowl. Toss to coat the vegetables well with the dressing. Let stand at room temperature for 2 to 4 hours.
3. Cook the green beans in a large pot of boiling salted water until tender, about 5 minutes. Drain and spread on a paper towels to cool. When ready to serve, add the cooled green beans to the white beans and then the basil, tossing well after each addition. Taste and add salt and pepper if needed.



## Notes from John William Crooke

Imagine the scene this past Tuesday: 61 blue share bins laid out in the barn being filled with colorful vegetables by a small group of enthusiastic volunteers. The bins are bound for the Bronx and the volunteers are moving quickly to help us finish up the morning's task. A bulk bin full of cantaloupes and another of watermelons sits in the aisle. I stand by these grabbing melon after melon and tossing them to Dave who deftly catches them out of the air and gently puts them into the blue bins. Cantaloupes and watermelon are flying through the air, good work is being accomplished, and I'm having fun farming.

We don't have food fights at Sisters Hill Farm but occasionally we do throw fruits and vegetables at each other. I mean *to* each other. Much like any other job on the farm it's a collaborative effort, and its one that I'm growing to appreciate. It started with the broccoli, moved into the summer squash, cucumbers, and eggplant and now we throw the heaviest items: melons. It's all for the sake of fun and efficiency. It takes finesse to seamlessly toss these delicious fruits with care. Here's how it works. Rather than tediously plodding along the watermelon patch with individual harvest crates, we work as a team and with the tractor to fill our bulk bins to the brim in a mere half hour. Lately Dave has been the catcher while Anna, Stefan, and I run along the watermelon patch picking the ripe ones and tossing them to Dave who expertly catches and deposits them into the bins counting as we go. It's important to keep track of the total so that we know how many we can give out. The rule is to make eye contact and then throw because it's difficult, even for Dave, to intercept multiple melons at once. But its easy to get into a groove with this fast method and sometimes two of us will let loose at the same time which is not so good for Dave who like a harvesting super hero must save both from destruction. Most of the time we exercise patience and precision with our throwing and when we don't it's a humorous reminder to take care and be nice to the catcher. Fortunately the yield has been great, so even when a few drop to the ground we aren't in trouble. In fact, we have to cut a few open once in a while to make sure that they're ripe. We save these sacrificed fruits for our morning break because we don't want to waste food and they are delicious.

With the recent melon harvests we have totaled more than 3500lbs! Its incredible to me to think of how fast we can harvest and weigh up this particular crop in comparison to others. One bed of green beans for example, could take up to 6 labor hours to harvest and the total weight is much lower for beans than it is for melons. Still we apportion the shares well to maintain good variety and appropriate amounts. I hope you enjoy this week's share and when you bite into a slice of red watermelon think about how it got from the field through the air and to your table.

\*\*\*\*\*[FineCooking.com](http://FineCooking.com)\*\*\*\*\*

## Cucumber-Tomato Salad

*You may substitute herbs of your choice, also scallions for the shallot*

### Ingredients

- 2 cucumbers, peeled, halved lengthwise, and seeded
- 2 ripe red tomatoes, cored
- 1 shallot, thinly sliced
- 2 Tbs. good-quality extra-virgin olive oil
- 2 tsp. red-wine vinegar
- 1 Tbs. chopped fresh mint; more to taste
- 1 Tbs. chopped fresh cilantro; more to taste
- 1 Tbs. chopped fresh flat-leaf parsley; more to taste
- Coarse salt and freshly ground black pepper to taste

### Directions

1. Cut the cucumbers in half again lengthwise and then slice them crosswise 1/8 inch thick.
2. Chop the tomatoes into bite-size pieces.
3. Put the cucumbers, tomatoes, shallot, olive oil, vinegar, mint, cilantro, and parsley in a mixing bowl and toss briefly. Adjust the seasonings and serve.

\*\*\*\*\*  
\*\*\*\*\*From *FineCooking.com*\*\*\*\*\*

### Spaghetti with Grilled Eggplant, Tomato & Onion

#### Ingredients

- 1/4 cup extra-virgin olive oil; more for brushing
- 6 Tbs. finely chopped fresh basil
- 2 or 3 large cloves garlic, finely chopped
- 1/4 cup crushed walnuts
- Kosher salt
- 1 medium eggplant (about 1 lb.), peeled and cut into 3/8-inch slices
- 1 beefsteak tomato (about 1 lb.), halved
- 1 medium onion, peeled and cut into 3 or 4 thick slices
- Freshly ground black pepper
- 1 lb. dried spaghetti
- Freshly grated Parmigiano-Reggiano (optional)

#### Directions

1. Prepare a medium-hot charcoal fire or heat a gas grill for 20 minutes on high.
2. In a bowl, mix the olive oil, basil, garlic, walnuts, and 1 tsp. salt.
3. Brush the eggplant, tomato, and onion with more olive oil, season with salt and pepper, and put them on the grill.
4. Grill the tomato, turning only once, until the skin is blistering and the flesh looks mushy and cooked, 15 to 25 minutes.
5. Grill the onion until soft and blackened on both sides, about 15 minutes. Grill the eggplant until golden brown and tender, 10 to 25 minutes.
6. Coarsely chop the eggplant, tomato, and onion; put them in a large bowl along with their juices.

7. Meanwhile, bring a large pot of well-salted water to a vigorous boil and add the spaghetti. Cook until al dente; drain well. Toss the pasta with the vegetables and the basil mixture. Sprinkle with pepper; toss again and serve immediately, with freshly grated Parmigiano, if you like.

\*\*\*\*\*  
\*\*\*\*\*From *FineCooking.com*\*\*\*\*\*

### Rigatoni with Summer Squash, Spicy Sausage & Goat Cheese

*If you don't like spicy sausage experiment with a chicken sausage with herbs*

#### Ingredients

- Kosher salt
- 1 lb. dried rigatoni
- 3 Tbs. extra-virgin olive oil
- 3/4 lb. bulk hot Italian sausage (or links, casings removed)
- 1/3 cup finely chopped shallots (about 3 medium)
- 2 cups 3/4-inch-diced yellow and green summer squash
- 3 oz. fresh goat cheese, crumbled (about 3/4 cup)
- 2 tsp. finely chopped fresh flat-leaf parsley
- Freshly ground black pepper
- 1/4 cup grated Parmigiano-Reggiano (optional)

#### Directions

1. Bring a large pot of well-salted water to a boil over high heat. Put the rigatoni in the boiling water and cook until just shy of al dente, about 10 minutes.
2. While the pasta cooks, heat 1/2 Tbs. of the oil in a 12-inch skillet over medium-high heat. Add the sausage and cook, breaking it into pieces with a spatula or spoon, until it's almost cooked through, 3 to 5 minutes. Using a slotted spoon, transfer the sausage to a bowl. Pour the fat out of the skillet but do not wipe it clean. Heat the remaining 2-1/2 Tbs. oil in the skillet over medium heat and cook the shallots until they begin to soften, about 1 minute. Raise the heat to medium high and add the squash. Cook, stirring frequently, until the squash is barely tender, 3 to 5 minutes.
3. Reserve 1/2 cup of the pasta-cooking water and drain the rigatoni. Return the rigatoni to its cooking pot and add the sausage, the squash mixture, and 2 Tbs. of the reserved pasta water. Toss over medium heat until the sausage is cooked through and the rigatoni is perfectly al dente, about 3 minutes. Add more of the pasta water as necessary to keep the dish moist.
4. Remove from the heat, add the goat cheese and parsley, and toss until the cheese melts and coats the pasta. Season to taste with salt and pepper, transfer to warm shallow bowls, and top each serving with some of the grated Parmigiano, if using.

\*\*\*\*\*From *FineCooking.com*\*\*\*\*\*

### White & Green Bean Salad with Tomatoes & Basil

#### Ingredients